**Healing Bath**

* Take a lit silver or white candle
* Some salt (preferably sea salt)
* A healing oil (such as carnation, violet, sandalwood, or narcissus) into the bathroom.

By the candle's light run a tub of very warm water. Cast some salt into it, add a few drops of healing oil, and then step into the tub. Relax. Feel the warm salted water sinking into your pores, through your skin, sterilizing the sick portions of your body. Visualize the sickness as black worms, cells etc, as leaving your body and entering the water. When you feel the water is teaming with teeming with them, pull the plug and let the water drain out. While it is draining chant:

**The sickness is flowing out of me,**

**Into the water, down to the sea.**

Wait until the tub is completely drained before you stand up.

Then take a shower to remove the last vestiges of the disease of the sickness - laden water.

Repeat as needed to speed your body’s recovery.